

# COMMON SENSE: Care for Earwax

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
HEP 1056- 01/06



Impacted earwax (cerumen) may be avoided or lessened by the following:

1. Drink plenty of water each day . The more hydrated your body is, the easier it is for your ear canal to expel the ear wax.
2. Do not clean your inner ears with cotton tipped swabs. The ear has a natural ear wax removal system - using cotton tipped swabs or any other instrument, may hinder this natural process.
3. If ear plugs are used for noise control, be sure they are clean and dry before insertion. Wash them with soap and water in between uses.

If impacted earwax is accompanied by fever, ear pain, drainage, signs of infection, or loss of hearing, seek medical attention by submitting an HNR.

## **Other Instructions:**